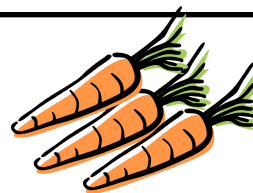


Peas and Carrots

Winter Edition M02-PY11
Provided by the Indiana Division of Aging



February Trivia

February 8, 1910 - Boy Scouts of America is founded by William Boyce in Washington, D.C.



February 16, 1935 - Entertainer and politician Sonny Bono is born in Detroit, Michigan.

February 26, 1846 - Frontiersman and performer, "Buffalo Bill" Cody is born in Scott County. He claimed to have killed more than 4,000 buffalo in a seventeen month time span.

Source Cite: <http://www.historyplace.com/specials/calendar/february.htm>

Chicken and Barley Stew

Ingredients

1. 1 C uncooked quick-cooking barley
2. 3 cans of 14 oz, fat-free, less sodium chicken broth
3. 1 Tbsp olive oil
4. 1 3/4 C chopped onion
5. package 10 oz. frozen mixed vegetables
6. 1 C chopped cooked chicken
7. 1/4 tsp salt
8. 1/4 tsp dried thyme
9. 1/4 tsp black pepper



Instructions

1. Bring barley and broth to a boil in a large saucepan. Reduce heat and simmer for 5 minutes.
2. While barley cooks, heat oil in a large nonstick skillet over medium-high heat. Add onion; sauté 3 minutes. Add mixed vegetables, sauté 2 minutes. Add vegetable mixture and ingredients # 6 - 9 to barley mixture; simmer for 4 minutes.

Source Cite: http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=10000000577216

Chronic Conditions Program Offered in Indiana

- If you or someone you care for has a condition such as diabetes, arthritis, high blood pressure, heart disease or another ongoing health condition, the Living a Healthy Life Workshop can help.
- In this course you will find ways to deal with pain and fatigue, make better food and exercise choices, and talk with your doctor and family about your health.
- To find out more about this workshop, please call; 1-800-986-3505.



Living a Healthy Life
With Chronic Conditions

February Puzzle

N N F S N R C C Z Q K V D O Y
U L E F U Q M D C F E T J A O
V O B C X P K T R O H S D F K
T C R X X Y E O O K B S X J C
Z N U K L K M R M E E R P H W
Q I A P V A R Y B N V S V D J
S L R G N P A O I O E O H S Z
S M Y C U G W T G P W R L K W
P A E O J R N N M H F L G M B
A H S S Y E M P T N S D O D B
Q A Q L L R L M K R C B H J G
Z R R A B Z O X R H H V X Y O
M B V O J R L B Y Y B K P D E
D A P R E S I D E N T S D A Y
M I Z S C T E B L Y K K N G T

Words to Find

ABRAHAM LINCOLN
FEBRUARY
LOVE
PRESIDENT'S DAY
ROMANCE
SHORT
SOUP
SUPERBOWL
VALENTINE'S DAY
WARM



Source Cite: <http://puzzlemaker.discoveryeducation.com/code/BuildWordSearch.asp>



Contact the Division of Aging at 1-888-675-0002,
or visit us online at www.in.gov/fssa/2329.htm